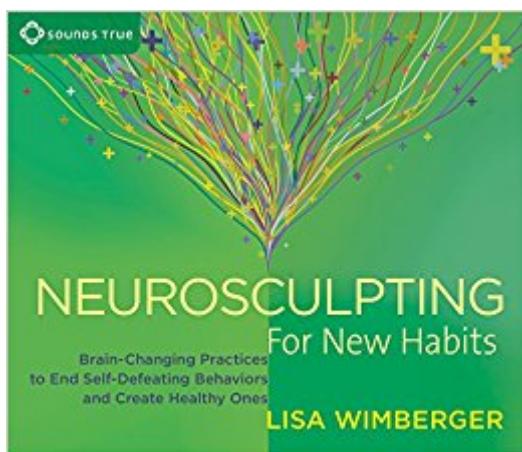


The book was found

Neurosculpting For New Habits: Brain-Changing Practices To End Self-Defeating Behaviors And Create Healthy Ones



Synopsis

Tools for Harnessing Your Brainâ™s Innate Power to Learn New Habits Â What is the number one factor for determining career success and personal fulfillment? The answer isnâ™t genius, willpower, or passionâ™s habit. âœThe human brain is a champion for forming habits,â• teaches Lisa Wimberger. âœYet that essential quality can also get us stuck in self-sabotaging patterns.â• With Neurosculpting for New Habits, this dynamic teacher brings you two sessions of scientific insights and highly effective practices for rewiring your brain to promote healthy, self-empowering behaviors, including: Â â¢ How the brain forms habitsâ™and why it retains unhealthy ones â¢ The crucial role of managing stress when creating healthy habits â¢ Intention, focus, action, and repetitionâ™four steps for mastering habits, with mindfulness-based meditations for each step Â Advances in neuroscience have transformed our understanding of the way our brain acquires and reinforces habits. Lisa Wimbergerâ™s NeurosculptingÂ® uses proven techniques to consciously direct your brainâ™s natural processes for learning and changing. Join her to learn this powerful approach for breaking unwanted behaviorsâ™and instilling the habits that serve you in creating the life you choose.Â

Book Information

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Customer Reviews

I have both of Lisa's books and all her audios they are indispensable tools that have changed my life and helped me through a few challenging times in my life. I recommend this for anyone struggling to change any aspect of their life.

I play it during the night when I can't sleep -- the meditations are instantly relaxing. I feel calmer and better able to reduce my stress during the day despite having a very intense and challenging work environment.

I've found this program really helpful. I finally understand why my brain seems to want to drive me away from the direction I want to go, and how I can use the way my brain works to get it to change course. I found the neuroscience portion presented in a way that is very easy to understand and enlightening. Many times I found myself thinking, 'wow!' I've been playing with the guided meditations over the past couple of weeks, and things are already shifting. Amazing stuff!

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